

WRESTLING- COLLAR + ELBOW

COILÉAR AGUS UILLE -OR- BROLLAIDHEAGHT

IRON GATE EXHIBITION

FALL 2026

FRIDAY, SEPTEMBER 25TH- SUNDAY, SEPTEMBER 27TH

EPPING, NH

Questions concerning registration, tournaments, and tournament rules should be directed to info@irongateexhibition.com, or directly to the Tournament Lead. Ella Rose is the Tournament Lead for this event, and can be reached at @erose2213 on Discord or ella.rose936@gmail.com

Please contact our Staff Coordinators Cody Morgan (@rodneyrockwell on Discord, or codymorgan@gmail.com) or Kieran Garrity (@kieronamuos on Discord or kieronamuos@gmail.com) if you are interested in volunteering to staff. Staff receive a 50% discount on event registration.

IGX values inclusion and accessibility for all wrestlers. If a wrestler requires accommodation for any medical reason, they should reach out to a tournament organizer as soon as possible. We will make every reasonable effort to find solutions for any needed accommodation, but requests made without sufficient notice may not be possible to fulfill. We ask that all requests for accommodations be made at least one month before the event. We will still consider requests made after that time, but cannot guarantee their fulfillment.

IGX Fall 2026 will host 2 wrestling tournament divisions. The rulesets for these tournaments are created with guidance from the Irish Collar and Elbow Wrestling Federation official rules, with some alterations for safety and clarity in accordance with HEMA community standards. The full rules and regulations, as published by the ICEWF can be accessed at www.collarandelbow.ie. The wrestling tournaments and their qualifications for entry are as follows:

- **Open Collar + Elbow:** Any wrestler may participate. Split into weight classes.
- **GenEq Collar + Elbow:** Any wrestler who is a woman, female, nonbinary, transgender, or other gender that is historically underrepresented and underserved in sports may participate. Please note that GenEq events are held for the purpose of providing a safe community space for wrestlers of all underrepresented genders to come together in friendly competition, not

necessarily for wrestlers of the same hormonal makeup and/or sex assigned at birth. Split into weight classes.

Both divisions will be run concurrently, but wrestlers may sign up for both divisions. Organizers will ensure that wrestlers registered for both divisions have their weight classes across divisions staggered, so that they can be present for both.

The rules contained in this ruleset apply to all wrestling tournaments.

TABLE OF CONTENTS:

- Gear Requirements- pg.
- Tournament Structure + Scoring- pg.
- Penalties- pg.
- Weight Classes + Weight Class Equity Policy- pg.

GEAR REQUIREMENTS:

Protective equipment will be inspected at the start of the tournament. IGX organizers and the Tournament Lead have the final say on the inclusion of any and all equipment in events. Loaner gear will be available on a limited basis.

- Required Gear:

- A purpose- made wrestling jacket. Purpose-made Collar and Elbow jackets are highly recommended.
 - Collar and Elbow-specific jackets and gis are allowed. Fencing jackets/ gambesons are not allowed. Jackets must not have any loose strings, loops, zippers, or other attachments. Jackets must fit the wearer loosely at the sleeves, and another wrestler must reasonably be able to grab onto the fabric of the jacket at the collar, and sleeves (Jackets should not be skin-tight).
 - If a wrestler opts to wear an open front jacket, they must wear some sort of clothing underneath (t-shirt, rashguard, sports bra, etc.)
- Mouthguard
- Athletic lower body clothing without metal fastening/ attachments
 - Sweatpants, leggings, athletic shorts, etc. are all acceptable.

- Prohibited Gear:

- Fencing jackets or gambesons
- Leather belts
- Belts with metal fastenings
- Socks + shoes
 - **Note: purpose-made grappling socks with sufficient grip on the soles to prevent slipping are permitted**
- Non athletic lower body clothing, or lower body clothing with metal fastening/ attachments
 - Jeans, work pants, cargo pants/shorts, skirts, fencing trousers, etc. are prohibited.
- Non-wrestling specific jackets
 - Hoodies, zip-up jackets, long sleeve shirts without a jacket, etc. are prohibited.
- Hard groin protection

- Hard or external groin protection, such as codpieces and hard cups, are prohibited. Soft groin protection (padded bike shorts or compression shorts, soft padding inside the shorts/ pants, jock strap, etc.) is allowed.

- Gear Failure

- In the event that a wrestler's gear needs to be repaired or replaced during a match, they will be given a reasonable amount of time to repair or replace their gear. If the wrestler is not able to do so within the time allotted to them by the judge, they will incur all remaining points in the match (maximum 3). The wrestler will then be given until their next match to repair or replace their gear, and if they are unable to do so, they will incur all possible points in the match (3). This process will continue until the wrestler has repaired or replaced their gear, the tournament has ended, or until the wrestler has decided to discontinue their participation in the tournament.

- Hygiene Requirements:

- All piercings, jewelry, and other accessories must be removed before competing. If a body piercing cannot be removed, it should be completely covered with medical tape or a bandage.
- Glasses are prohibited- wrestlers must wear contacts if vision correction is needed.
- Long hair must be tied back.
- Fingernails and toenails must be trimmed to an appropriate length and must not be sharp or jagged.
 - If fingernails or toenails are found to be jagged or too long, participants will be asked to correct the issue, or they will be disqualified from the tournament.
- Wrestlers must be free of contagious disease, infection, or fungus.
- Wrestlers' bodies and clothing should be free from visible filth.
- Wrestlers must wear deodorant.
- Wrestlers will be subject to hygiene approval by the tournament organizers. A wrestler may be disqualified for concerns regarding health and hygiene, including excessive body odor or cold/illness.

TOURNAMENT STRUCTURE + SCORING:

*Check-In starts 30 minutes prior to each tournament. All wrestlers must be checked in and geared up by the posted tournament start time. **Any wrestler who has not done so will automatically be removed from the registration list.** As a courtesy to event staff, please notify us ahead of time if you need to drop from a tournament.*

Initial tournament caps at registration are based on committed staff, and will be raised as we confirm more staff for each tournament. If you want to see higher registration caps, we recommend volunteering to staff or getting some of your clubmates to staff!

Elimination Brackets:

- All weight classes will take place over the course of an elimination bracket. Tournament organizers will determine whether brackets will be single or double elimination based on registration numbers at the time of the event. Tiebreaker matches will be run for, at minimum,
 - Bracket size will be based on weight class size. Wrestlers will only be paired with other wrestlers in their class.
- Wrestlers will be ranked through direct elimination.

Match Structure + Scoring:

- Bouts will be conducted in a 20'x20' ring. Wrestlers must remain on the mats at all times during bouts. Wrestlers will begin each pass at grips in the center of the ring.
 - Wrestlers must maintain grips on the opponent for the entire duration of each pass, and may let go only to safely breakfall.
 - The right hand must grip the collar of the opponent at the level of the collarbone. The left hand must grip the opponent's jacket at the elbow. If both opponents agree, the left and right hand grips may be switched.
- The director will announce "Tosaigh" (Start) (pronounced- "Tus-egg") to begin a match, and "Stad" (Stop) (pronounced st-odd) to halt a match.
- Each match will have a time limit of 3 minutes.
 - Victory in a match is determined by best of 3 points. This means when a wrestler earns 2 points out of 3, the match is concluded. If the wrestlers are tied in score when the time limit runs out, they will continue wrestling until a score is made. The next score will win.
 - When a score occurs and a hold is called, the timer will be paused while the judges announce score and the wrestlers reset.

- **A score is made in two ways:**
 - A wrestler touches the ground with any body part other than their feet
 - A wrestler loses a grip on the sleeve or collar, whether by their action or their opponent's
- **Leagadh Madra- Dog Fall Rule:**
 - If both wrestlers touch the ground during a throw, no score is given.
- **Dead Body Rule:**
 - Breaking a grip does not automatically result in a score, as long as the opponent was already in a completely unrecoverable, "dead body" falling position before the grip is broken. This can be done for safety reasons by both wrestlers.
- **Ring-Out:**
 - A ring out will not be considered a scoring action. If one or both wrestlers step out of the ring, a hold will be called immediately.
 - Judges may opt to call an early hold if they anticipate an imminent ringout or throw that will land outside the ring.
- **Cede:**
 - At any point directly before or during a match, a wrestler may cede the match.
 - To cede before the start of a match, the wrestler should clearly announce to the judge that they wish to cede.
 - To cede during a pass, the wrestler should firmly tap twice or more in quick succession on their opponent's body. If able, the wrestler should also call "Hold!" If a wrestler does this, the judges will call a hold, and both wrestlers should immediately back away from one another. The wrestler who wishes to cede may then communicate that desire to the judges.
 - **In an abundance of caution, judges will call a hold if either wrestler speaks at all, to be sure if they are ceding or raising a safety concern. As such, wrestlers should avoid speaking unless there is a safety concern.**

PENALTIES:

*The goal of penalties within this ruleset are to minimize, correct, and penalize **reckless or unsafe behavior** within the ring. As such, cardable actions are those which jeopardize the physical, emotional, or mental safety of participants, staff, and/or spectators, or which actively detract from the intended experience of the event. Judges are given discretion in deciding if and when to card participants. Illegal actions that should be carded are outlined below, however judges should use common sense and their best judgement when assigning cards. Judges should consider each situation individually. Judges should contact the Tournament Lead if they are unsure about a penalty decision.*

Levels of Penalty:

- **Verbal Warning:** no point penalty
 - Should be given if wrestlers approach but do not execute an illegal action, as a reminder of rules, etc.
- **Yellow Card:** 1 point awarded to opponent
 - Should be given for a first time offense, for unintentional/incidental but illegal actions, etc.
- **Red Card:** automatic loss of current match
 - Should be given for egregiously reckless or disrespectful behavior, repeated offenses, or intentional illegal actions
- **Black Card:** ejection from tournament
 - Should be given if a wrestler exhibits extreme unsportsmanlike behavior or brutality, poses an active safety threat to others, has caused a significant injury due to execution of illegal action, or has committed many repeated offenses past the point of other card levels
 - If a Black Card is issued, the receiving participant may also be subject to ejection from other tournaments, as well as prohibition from future IGX events. Such decisions will be made by event organizers on a per-case basis.
 - Judges must consult the Tournament Lead before issuing a Black Card.

Judges should card for any illegal action outlined below, but they may also assign cards for any other action which they believe poses a risk to the safety of any fencers, staff, or spectator.

Cards do not automatically escalate. Judges are encouraged and empowered to escalate cards when appropriate, such as for repeat offenses of the same or similar violations.

Wrestlers will not be carded for the actions of their coaches/spectators. Coaches and other spectators may be removed from the tournament at judge discretion.

A wrestler may not be awarded points in the same pass that they receive a card. A wrestler may be awarded points in the same pass that they receive a verbal warning.

Illegal Actions:

- Manipulating an opponent's joints against their natural movement- attempting to perform a submission is prohibited
- Repeatedly falling in an unsafe manner or neglecting to protect oneself when falling
- Catching oneself on an opponent to avoid touching the ground
- Repeatedly talking to cause pass resets
- Restraining an opponent while falling or forcing an opponent to fall unsafely; performing an action that disallows an opponent from performing a breakfall
- Attempting to drag an opponent to the ground during a throw in order to force a double
- Intentionally stepping out of the ring to avoid a throw, or shoving the opponent out of the ring
- Failing to cease all action when a Hold is called
- Performing a throw that slams the opponent onto the ground (i.e. performing a throw that partially or entirely lifts the opponent off of the ground and accelerates them downwards through a forceful throw or through dropping the opponent with no control)
- Performing any action that is reckless, excessive, or brutal
- Performing a throw meant to land an opponent on their head
- Punching, slapping, kicking, headbutting, or otherwise striking an opponent
- Biting, scratching, choking, hair-pulling, eye-gouging, or penetrating orifices
- Removing gear (from either wrestler) during a pass
- Performing or attempting to perform a submission/ "tap out" an opponent
- Arguing with or disobeying a staff member
- Self-calling or early point-denial
- Delaying a match
- Cheating or conspiracy
- Unsportsmanlike or hostile conduct

- Insulting other fencers, spectators, or staff
- Throwing gear
- Gloating or excessive boasting
- Excessive anger
- Violating the IGX Code of Conduct

Wrestler's Rights and Interaction with Judges:

- Wrestlers may have up to one coach accompanying them at the ring.
 - Wrestlers and their coaches may ask questions, request clarification on a scoring/ penalty decision, or raise safety concerns with the judges. Wrestlers may not argue with the judges.
 - Wrestlers and their coaches are empowered to approach judges or other staff. If they feel there has been an oversight related to safety or penalty. **If a wrestler is injured, suspects injury, or has been caused pain by an opponent, they should immediately approach event staff.**
 - Coaches may not speak with wrestlers or judges during an ongoing pass, except in the case of a safety concern.
 - Coaches may not yell out advice, encouragement, etc. to wrestlers during passes
- Wrestlers have the right to deny a point. Points awarded to the opponent cannot be denied. Wrestlers must wait until the judge has announced the score for the match before denying a scoring action.
- Wrestlers have the right to forfeit a match at any time.
 - If a wrestler is considering forfeiting due to behavior by their opponent such as bullying, harassment, intimidation, physical or mental harm, or causing pain, they should instead approach event organizers, who will handle the situation accordingly.
 - As a reminder, discrimination is against the IGX Code of Conduct. Forfeiting a match due to refusal to wrestle a certain class of persons (ex. women, LGBTQ+ people, people of color, etc.) will be considered discrimination and will be handled accordingly by event organizers.

WEIGHT CLASSES:

Please note: Due to the short amount of time allotted for this event, and due to the more casual nature of this tournament compared to IGX Spring's Ringen tournament, weight classes may be larger than is typical at an IGX event.

Weight classes will be determined based on participant numbers before the event. Each participant may compete in one weight class per tournament. While weight classes are not predetermined before registration, certain policies will be followed in weight class creation, to ensure equitable matches among participants:

1. We will not be requiring participants to provide their exact weight, or to weigh themselves at the tournament venue.

- IGX is aware of the negative impact that weigh-ins can have on wrestlers. However, weight classes are a necessary part of a large wrestling competition, and therefore are being used. Weight classes will be based on self-reported weight ranges. Wrestlers will be asked to select a 10 lb weight range that best reflects their current weight at registration. We are choosing to trust that participants will, to the best of their ability, select the weight range that most accurately represents their current weight. We ask that all participants do their best to be truthful, so that we may continue to operate in good faith in the future. **If a registrant's weight significantly changes between registration and the event, we ask that they inform IGX event organizers and/or update their registration online.**
- IGX discourages any wrestler from attempting to cut weight for the sake of competition. Wrestlers found to be resorting to dangerous weight-cutting practices may be barred from future wrestling competitions.

2. IGX organizers will make weight classes based on the weights provided by competitors.

- Within each weight class, no wrestler shall be more than 125% of the body weight of the lightest wrestler within that class. Exceptions to this rule will only be made for those wrestlers taking advantage of our Weight Class Equity Policy.
- Weight classes must contain at least two wrestlers in order for matches to be held within that weight class. If a registrant has no other registrants within their acceptable weight class range, that registrant will not have any matches, and is not entitled to any awards or prizes. In this situation, event organizers will reach out to the affected registrant(s) prior to the

event date. Event organizers will take every step allowed by event policy to include all registrants.

3. IGX incorporates a Weight Class Equity Policy for all wrestling tournaments.

- IGX organizers understand that- in a mixed sex wrestling competition- strict weight classes may not accurately pair certain wrestlers. Body composition (i.e. fat to muscle ratio), can vary widely between male and female bodies, thus giving certain wrestlers a disadvantage against other wrestlers of the same weight. This disparity is more evident in higher weight classes. While body composition can also vary between individuals of the same sex, there is a statistically significant bimodal distribution of proportional body fat between male and female bodies of the same weight in aggregate, and therefore IGX is interested in creating a system of equity for all wrestlers. In order to create a more equitable wrestling environment, female wrestlers and women (including trans women) wrestlers may opt to wrestle within the weight class BELOW their actual class.
 - For example- a 210 lb woman would automatically be paired with other wrestlers in the 205-215 lb weight range. If she opts to drop a weight class, she will be moved down to the next highest class. This would be handled by organizers, and other competitors would not be told if someone opted to drop down.
- You cannot drop more than one weight class from your actual class
- **This is an entirely optional system.**
 - If you are a wrestler to whom this option is being extended, it is completely up to you if you want to take advantage of it. You are welcome to wrestle within your actual weight class and ignore this option. You will be given the option to select or deny this option at registration.
- **As both the Open and GenEq tournaments may have wrestlers of varying sexes and hormonal makeups, the option to drop a weight class will be extended to wrestlers in both tournaments.**
 - If all wrestlers in the GenEq tournament are able to and desire to drop down a class, no changes will be made to the standard weight class designations. If some wrestlers within the GenEq tournament are not able to or do not desire to drop down, organizers will adjust the weight classes accordingly.